

Assessment of Breakfast Skipping Habit and Its Associated Factors among Students of ANMC

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1. ABSTRACT

Breakfast is a significant dietary cause for energy regulation which helps us throughout the day. The breakfast provides us energy which plays a vital role in daily activities. Some studies observed that adult prolonged diseases such as diabetes, cancer, osteoporosis and heart disease can be prevented by the intake of breakfast. If we talk about university students regarding intake of breakfast is related with a huge range of optimistic outcomes which comprised of nutrient intake, better school attendance, fitness, appropriate body weight and academic performance.

Moreover skipping breakfast has been linked with different hostile effects on intellectual or rational function which includes memory, psychological function, academic performance, school attendance and different mood swings among infants and adults. Breakfast skipping habit destroys the health of the person and disturbs the daily routine of the stomach which cause different problems in the daily routine work.

1.1 OBJECTIVES: (1) to know about the frequency of skipping breakfast habit in medical students of ANMC. (2) To find the associated factors (social problems, late night sleep, and non-availability of food, personality, old habits and mood among student).

1.2 INCLUSION CRITERIA: 1st year to 5th year MBBS students, who are admitted, registered in ANMC, regular and Pakistani national.

1.3 EXCLUSION CRITERIA: 1st year to 5th year MBBS students, who are not registered with ANMC and not Pakistani national.

1.4 METHODOLOGY: cross sectional and descriptive study using non- probability convenient sampling.

1.5 RESULTS: This study shows that breakfast skipping is more among males than in females and main reason of skipping breakfast is personal (intrinsic) than external.

KEY WORDS: Breakfast; Behavior; Medical Students; Prevalence

2. INTRODUCTION:

Breakfast is the primary meal of the day which is taken mostly after rising from a night sleep. Breakfast is mostly taken before leaving for the daily routine work. The intake of breakfast is very important for the growth and health of both children and adults. Breakfast is mostly stated as the most vital meal of the day.

“A habit is a routine of behavior that is repetitive regularly and inclines to occur unconsciously”.

If we talk about university life students are more concerned with their peers and try to follow them without knowing the facts which destroys the health and intellectual function of the body. Poor eating habits are a significant public health issue among youth who observe change while entering in the university life during which they experience stress and shortage of time regarding the intake of breakfast. Some older studies reflect that university students did not achieve the suggested intakes of fruits and vegetables for the fulfillment of the body. As we know that students had common habit of eating different snacks and had a wide range of fast food intake during the university premises.

Environmental factors also play a vital role in the intake of unhealthy eating practices among the university students. Students are free for the choice to take the meal according to their mood which is mostly observed as fast food consumption which effects the regulation of different hormones of the body.

The intake of breakfast makes a man healthy and wise which helps in achieving the goals of the life while on the other hand skipping breakfast because different chronic health diseases like cancer, osteoporosis, heart disease etc.

3. OBJECTIVES:

1. To know about the frequency of skipping breakfast habit in medical students of ANMC.
2. To find the associated factors (social problems, late night sleep, non-availability of food, personality, old habits and mood among student).

4. Research question:

What are the effects of breakfast skipping on students and which factors are responsible for it?

5. LITERATURE REVIEW:

Breakfast is the initial meal of the day which is mostly taken after the night sleep. As we know that breakfast is mostly concerned as a vital source of energy for brain and it advances the learning process. The intake of breakfast is mostly associated with many different factors like sleeping quality, learning process and monthly expenses. Breakfast provides different nutrients which help us throughout the day. It provides energy which regulate the flow of daily routine work. A person remains healthy and active throughout the day which helps in the performance of the work. On the other hand skipping breakfast makes a person dull and boring which destroys the performance and health both at the same time. More over some previous studies claims that the intake of breakfast helps to prevent different prolonged health diseases like cancer, osteoporosis, heart disease and diabetes. The consumption of breakfast makes the immunity system strong produce the immunity to fight against the bacteria.

If we talk about the intake and missing breakfast habit different factors are observed like the intake of breakfast make the students active which shows their excellent academic performance, better attendance, basic intake of nutrients according to the requirement of the body for the proper functioning. Beside all this skipping breakfast shows adverse effects on the health and performance of the students like it disturbs the academic performance of the students, poor health, produces different psychological issues like depression, stress and anxiety.

Different people have different concepts regarding breakfast. Breakfast could be defined in different manners like what a person categorizes as breakfast, or the initial meal taken after the night sleep, the form of food it intake, a specific meal which consumed at a certain time of the day. Some common practices are mostly observed know a days among youth like skipping the meal, eating snacks and chocolates, the consumption of fast food and beverages, eating away from the homes which shows adverse effects on the youth.

Environmental factors also contribute in the skipping of breakfast habit among the university students. They don't have enough knowledge regarding healthy food preference that shows adverse effects on their health and nutritional status negatively.

If we talk about medical students they need more energy and power to meet the needs of their study requirement as they have more load of the study and time duration as compared to other university students. Skipping breakfast effects their performance and diet as a whole.

“According to experts, Eat breakfast and you will be more energetic, smarter, more productive and linear. Skip it and you are a disease statistic waiting to happen.”

As the above quotes identify the importance of breakfast most of us skip the breakfast and don't prefer it on the priority basis. Most of us indulge in the dieting process which destroys the health completely and some of us think that if we take breakfast we become plump while on the other hand skipping breakfast make us more obese. Different studies observe that those who take breakfast regularly are reported healthier than those who don't.

6. Significance of the study:

As it goes famously that a healthy body has a healthy mind in it. It has been agreed upon by many prominent scientists and nutritionists that breakfast has an ample significance in the diet and it can unquestionably be called the backbone of diet. After having breakfast one feels healthy and can exert his maximum potential in ones days' work. I have preferred this study because in this age of junk and unhygienic food, appropriate breakfast is of great importance so that a body can be able to work. I have narrowed down this study to particularly mbbs (medical) students which is different from earlier studies conducted on overall adolescents.

7. MATERIAL AND METHODS:

7.1 STUDY SETTING: This study was conducted at ANMC, Lahore.

7.2 STUDY DESIGN: This study was conducted with the help of Descriptive technique on small population.

7.3 STUDY DURATION: 2 months

7.4 STUDY POPULATION: All 1st to 5th Year MBBS students of ANMC

7.5 SAMPLING TECHNIQUE: This study uses convenient sampling.

7.6 SAMPLE SIZE: The researcher took 120 students in total.

7.7 TOOLS OF MEASUREMENT:

- Structured questionnaire (with close ended questions) was developed
- Introduction of interviewer and respondent.

7.8 DATA COLLECTION TECHNIQUE:

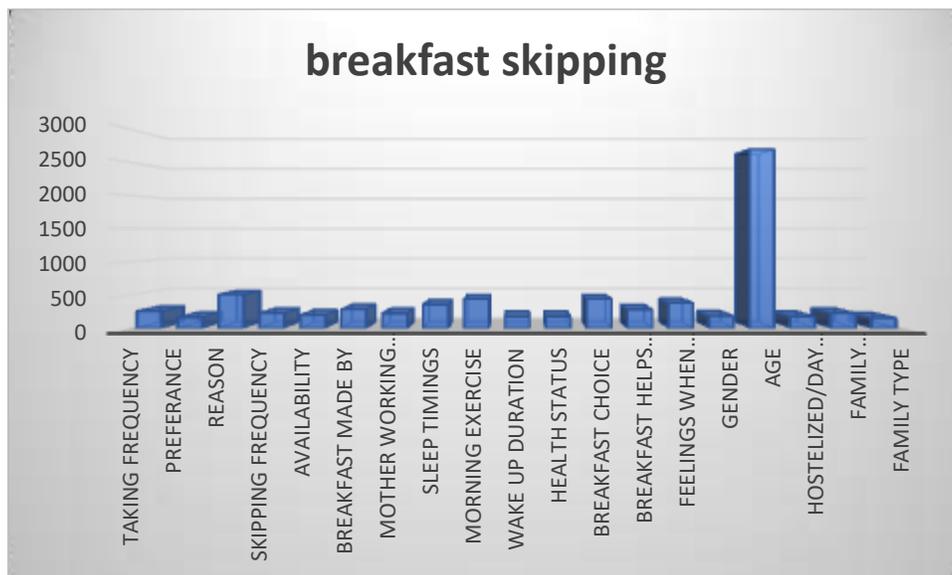
- Took consent written / verbal.
- Explained study purpose, benefits to the population and outcomes.
- QUESTIONNAIRE (tool) closed ended was distributed and collected once responded.

7.9 DATA ANALYSIS PLAN:

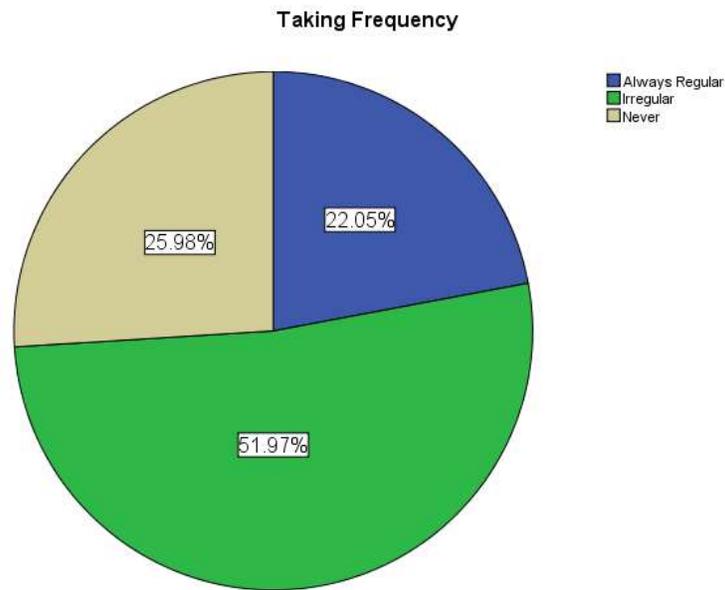
Data collected was analyzed and results was drawn and also reflected in graphs and tables.

8. RESULTS:

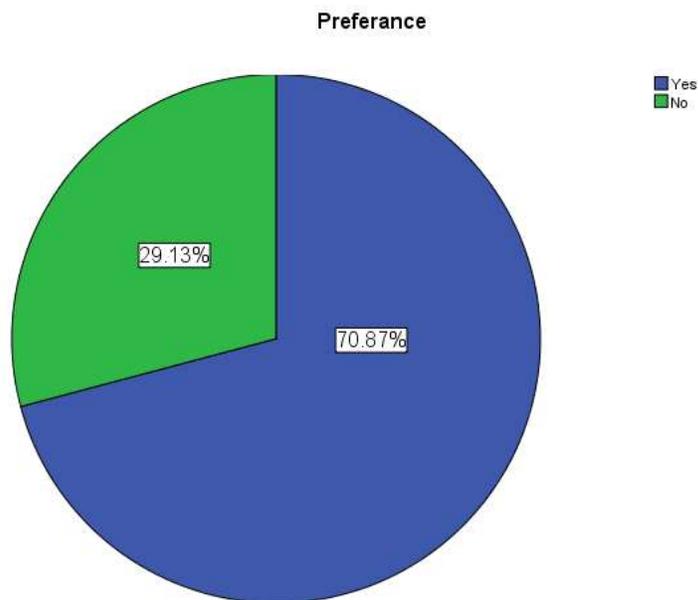
“Assessment of Breakfast Skipping Habit and its associated factors among MBBS students of ANMC”



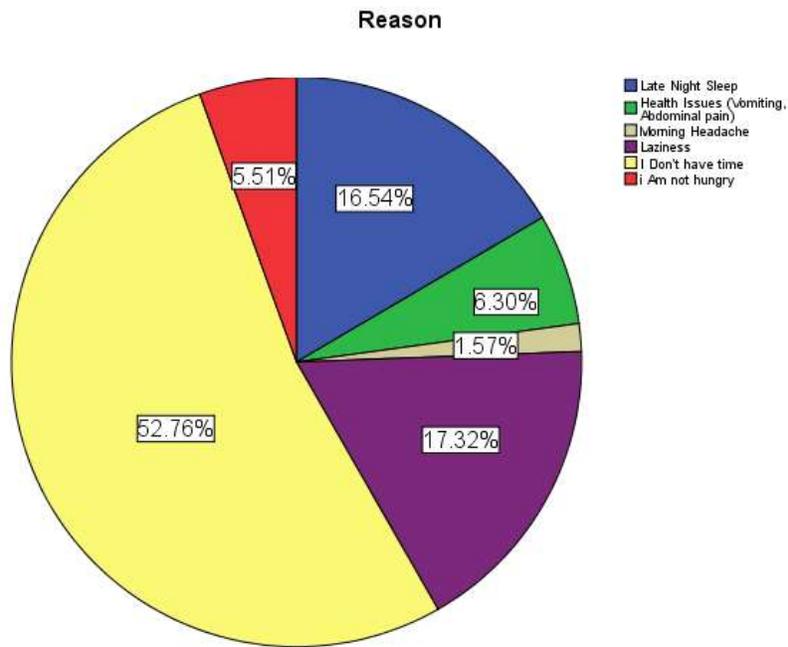
This graph represents 3 kinds of students, who took their breakfast regularly, not properly and who never took their breakfast



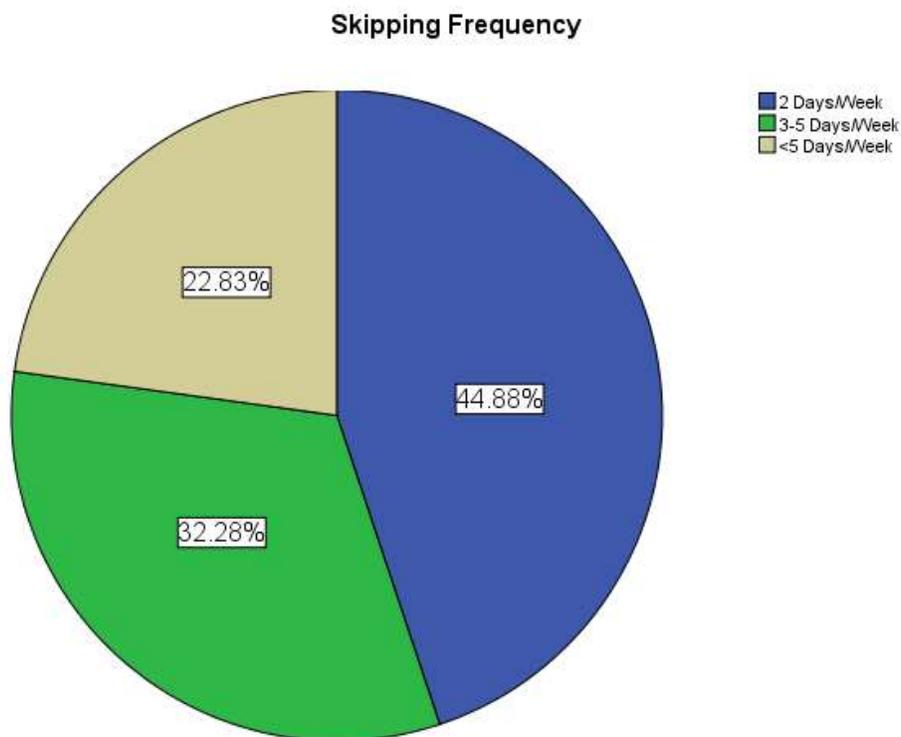
This graph shows that how much student prefer to take breakfast.



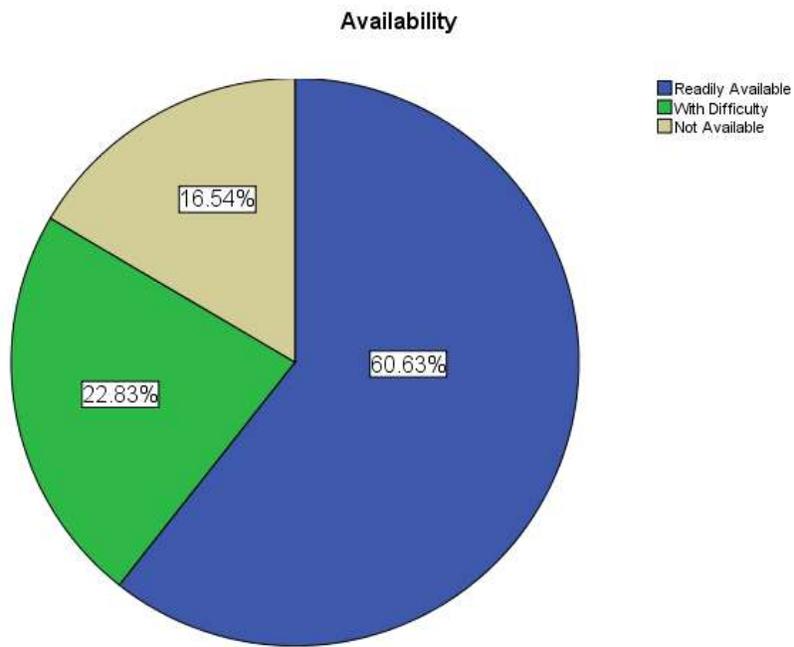
This graph represents different reasons for skipping breakfast among students.



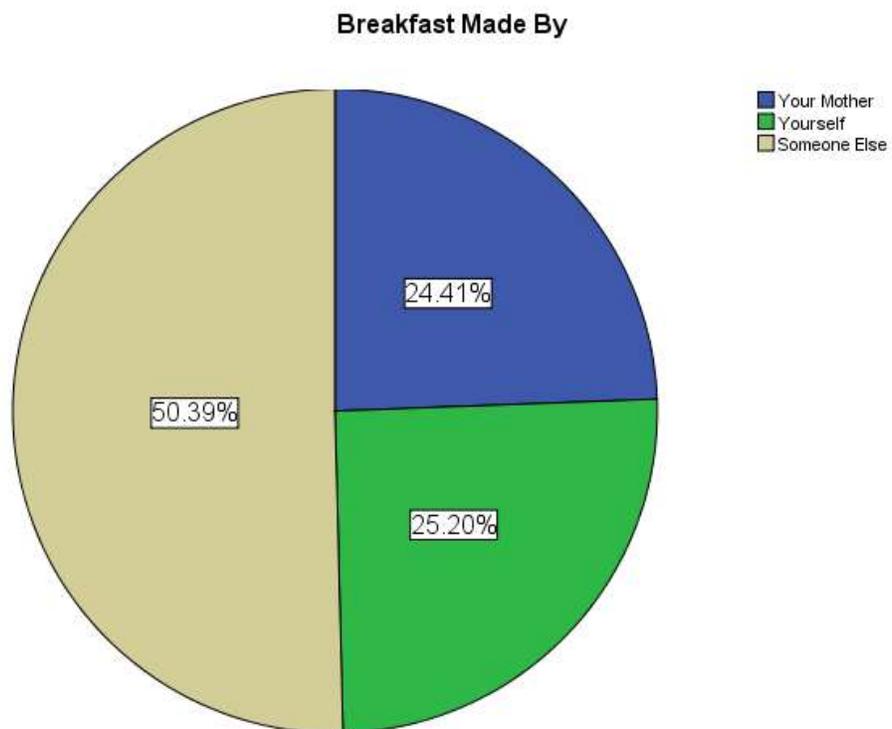
This graph represents the interval of skipping breakfast.



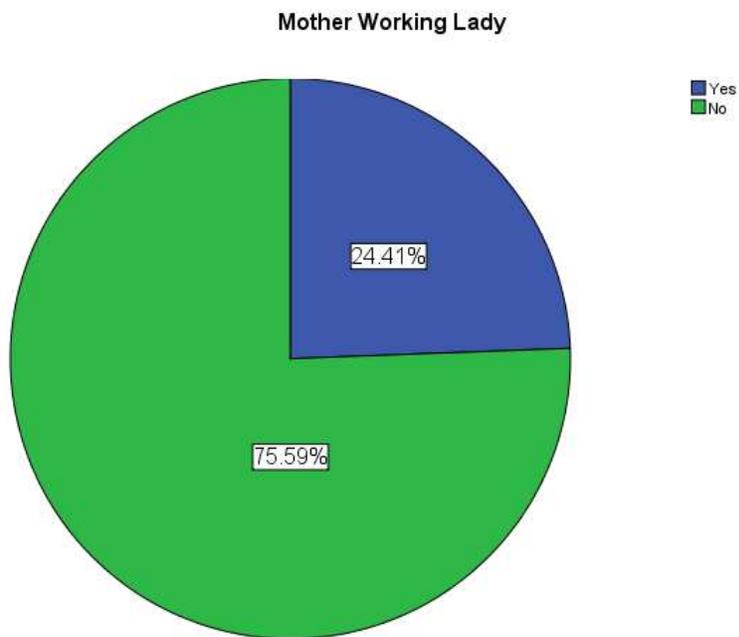
This graph shows the availability of breakfast.



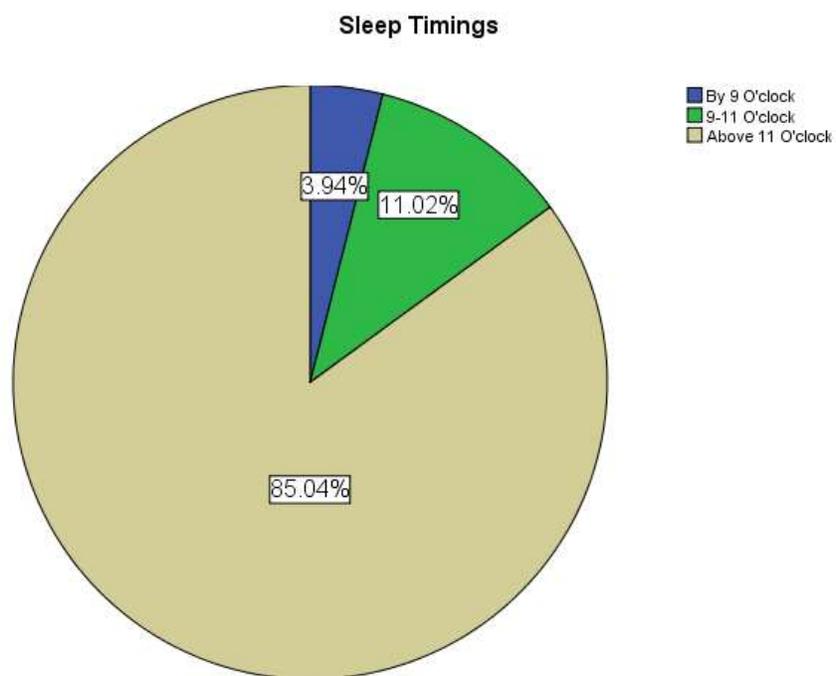
This graph represents that by which the breakfast has been prepared.



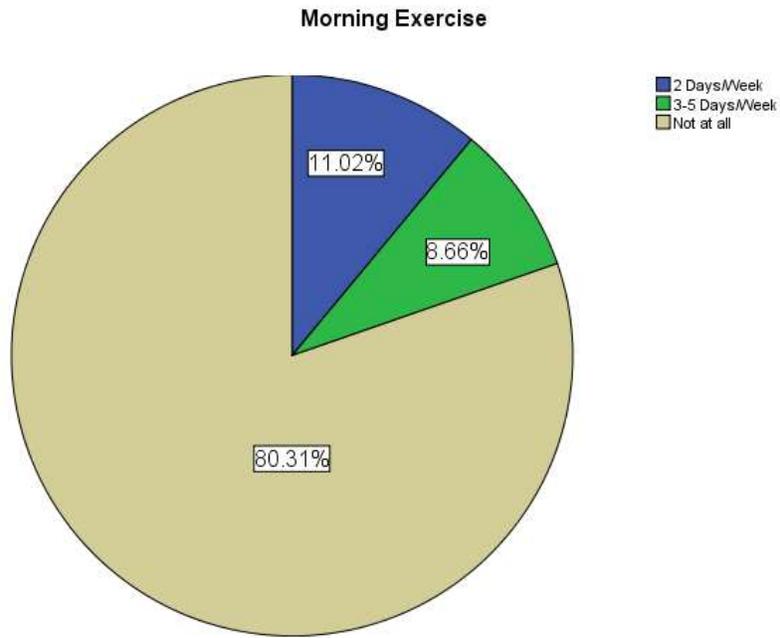
This graph shows that whether the mother is a working lady or not.



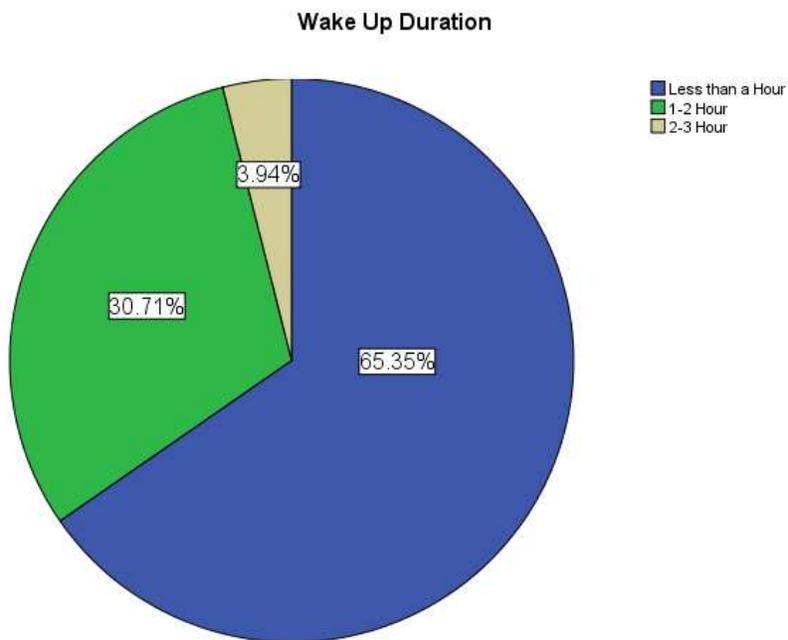
This graph represents the sleeping timings of students.



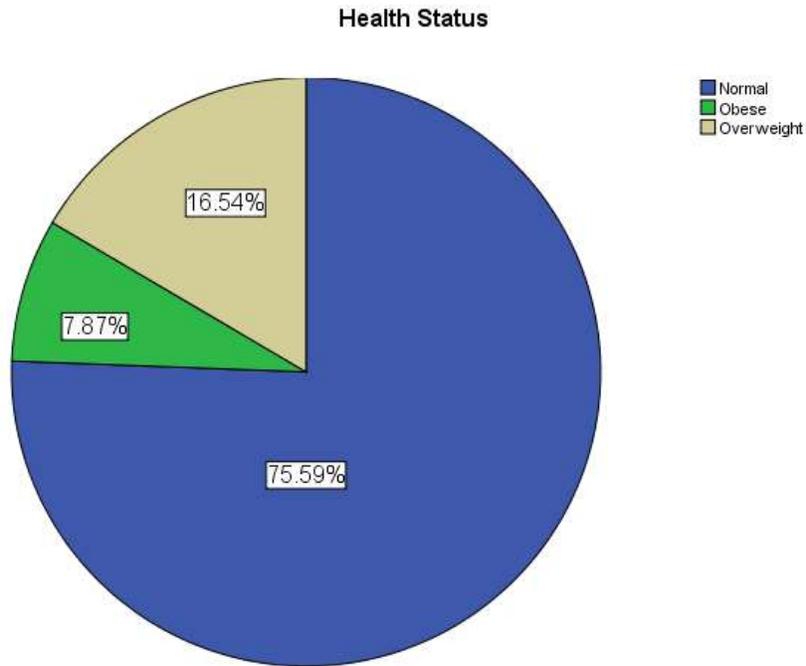
This graph represents the duration of taking morning exercise among students.



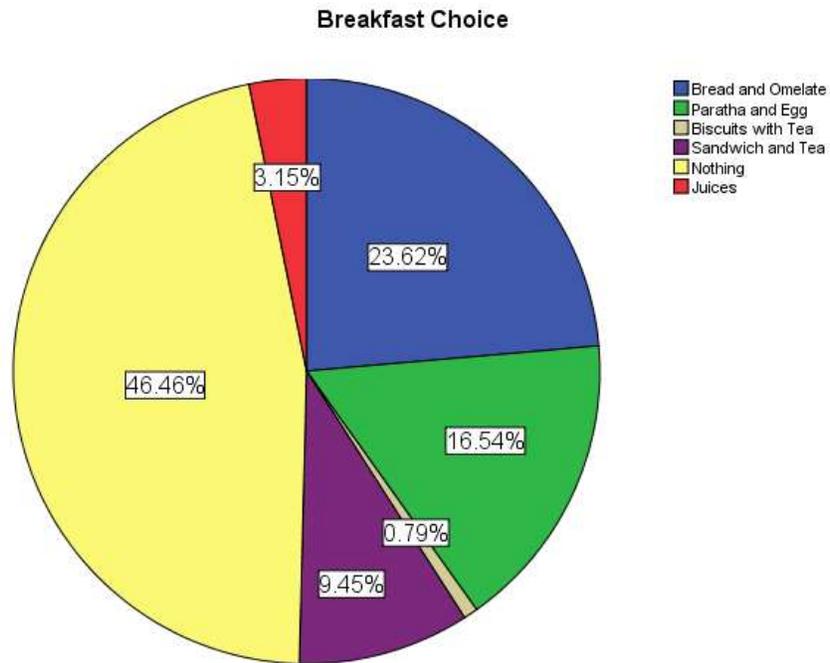
This graph represents the wake up duration among students.



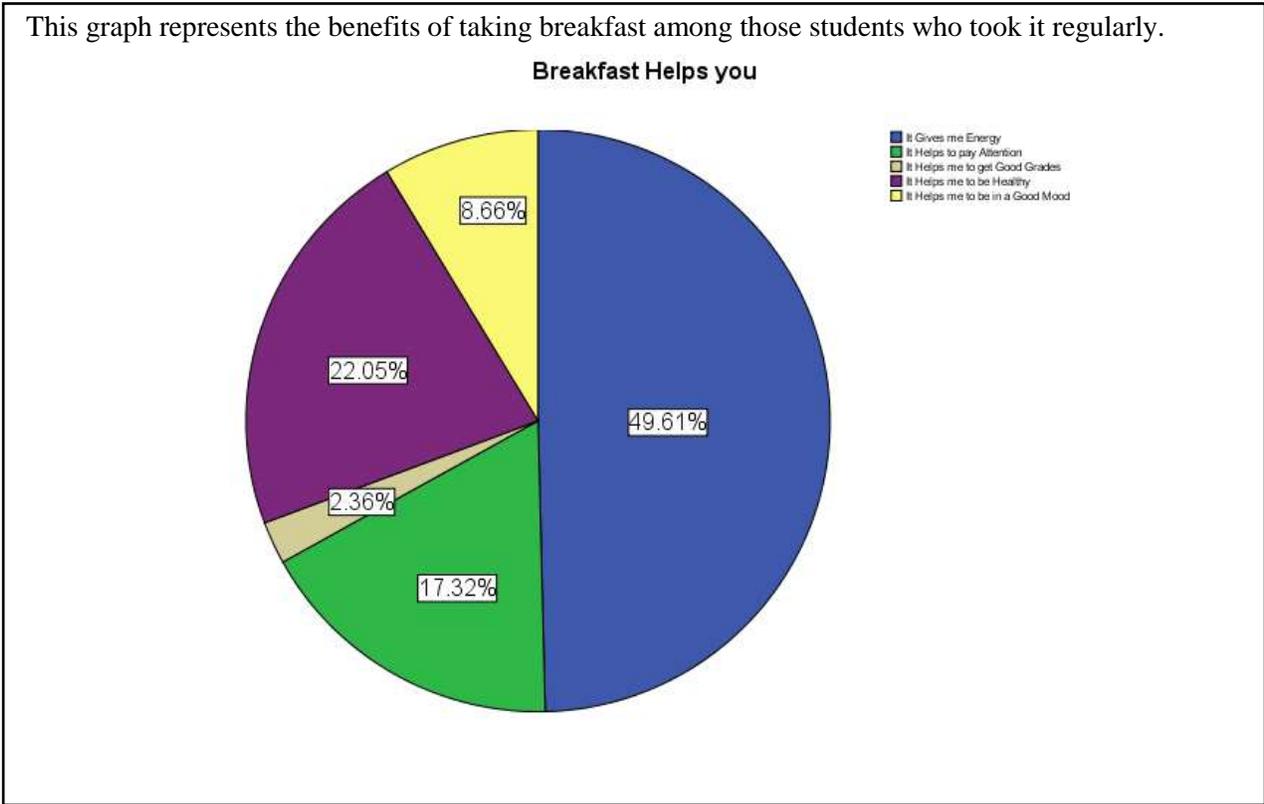
This graph shows the health status of students.



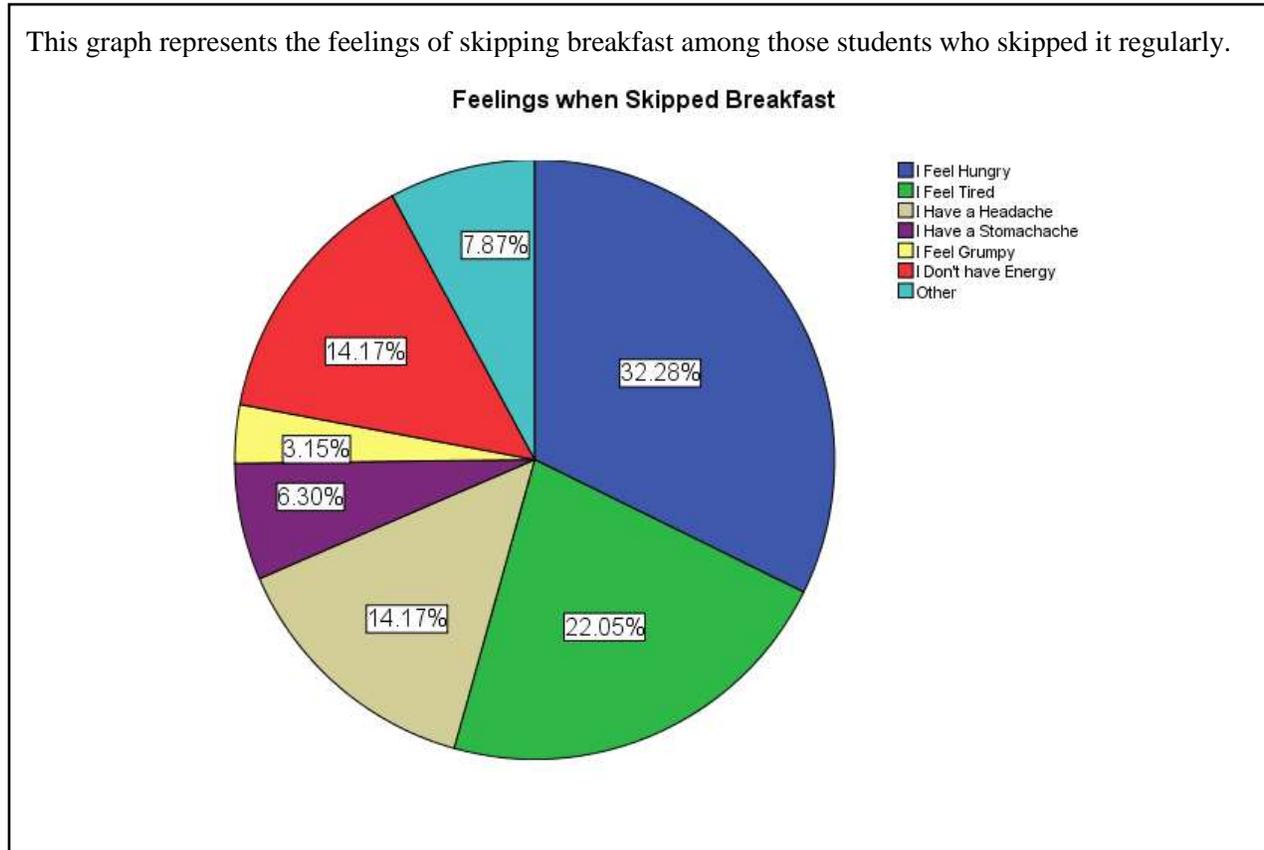
This graph represents different breakfast choices among students.



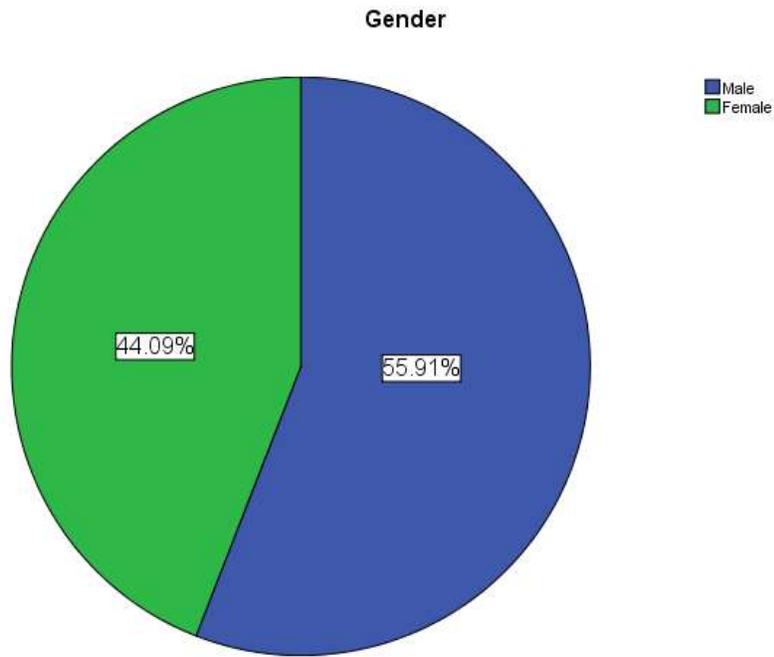
This graph represents the benefits of taking breakfast among those students who took it regularly.



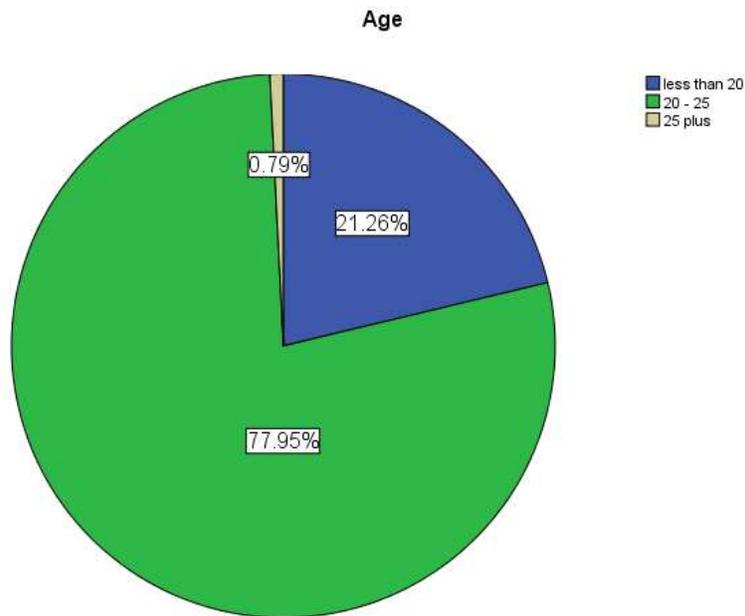
This graph represents the feelings of skipping breakfast among those students who skipped it regularly.



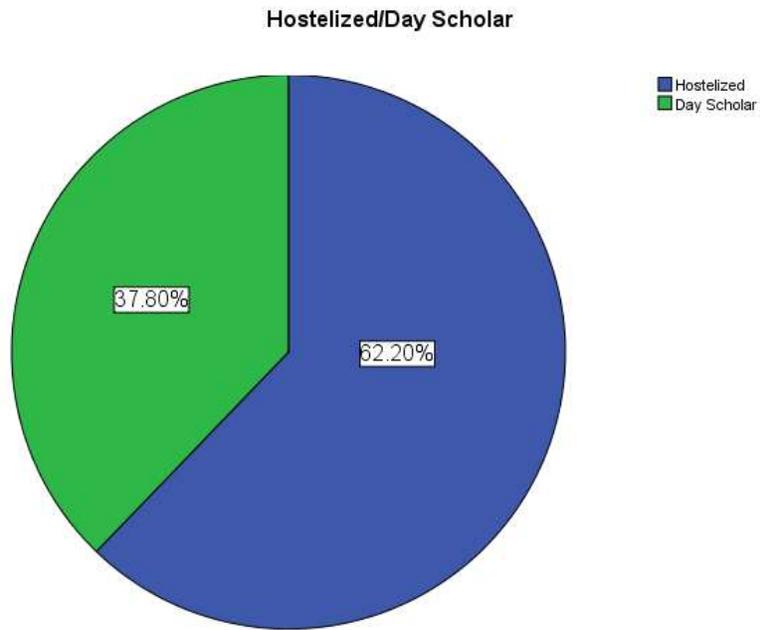
This graph shows the gender of students, who skipped breakfast.



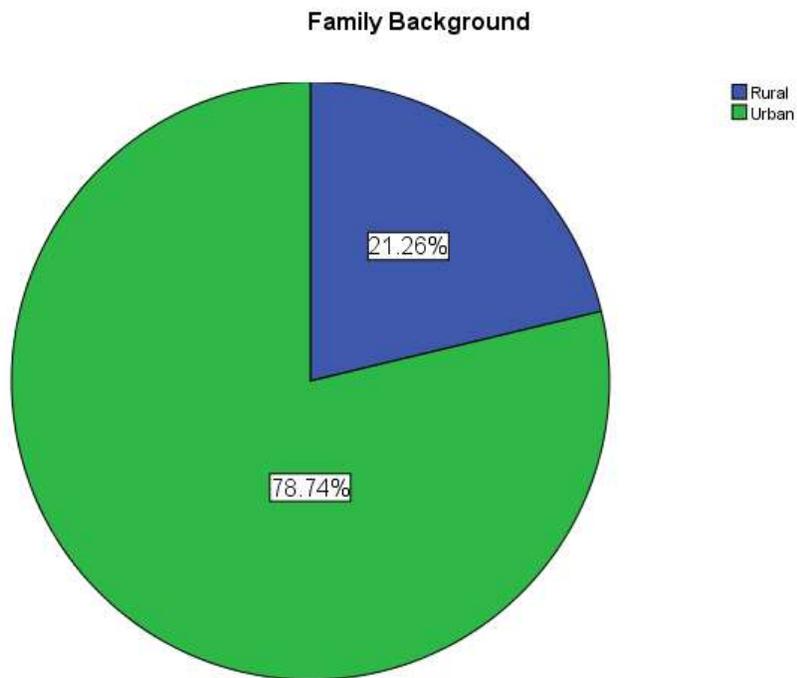
This graph represents the age of those students who skip breakfast.

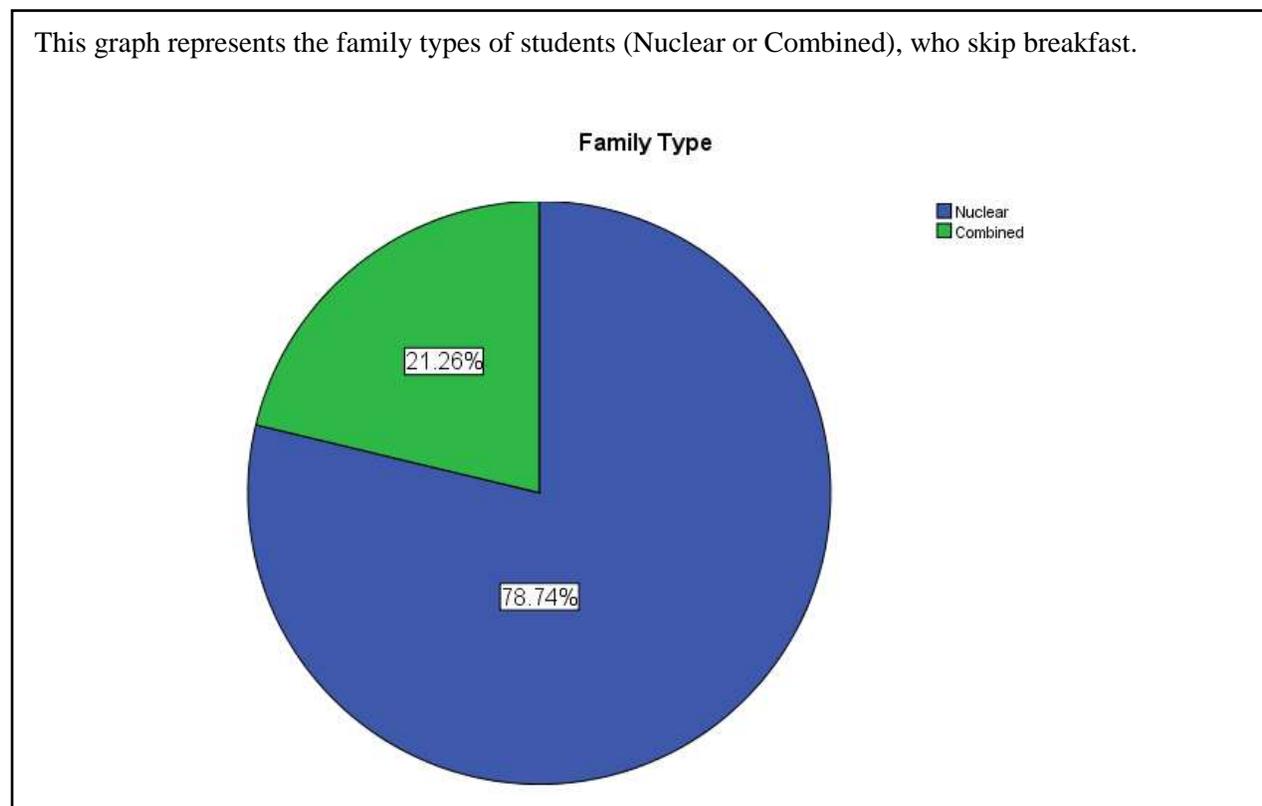


This graph represents whether the students were hostelized or day-scholar, who skip breakfast.



This graph represents the family background of students (Rural or Urban).





9. DISCUSSION:

The purpose of this study was to regulate the frequency of skipping breakfast habit in medical students of ANMC, to find the associated factors (Social problems, late night sleep, Non-availability of food, personality, old habits and mood among students). In the present scenario, youth is not conscious about their health. They do not have enough information regarding the healthy diet. Most of our youth indulge in fast food consumption and intake of snacks and beverages. Youth of this time have less potential for daily activities.

If we talk about medical students they are mostly concerned as the promoters of healthy lifestyles as they are change agents which are mainly capable to diminish the hazards of lifestyle related disorders (osteoporosis, cancer and diabetes) in the future life span.

In the university life students are free regarding the choice of food they want to eat which plays a vital role in the unhealthy conditions of their body. Due to deprived eating habits and obesity among youth they are on a high risk of different chronic diseases which not only effects their internal health but also shows adverse effects on their routine life. As per as student life is concerned their academic performance decreases day by day. In the university life they have easy access to the fast food which is the major cause of skipping breakfast.

In other words medical students have more pressure of workload as they spend more time in their study and their duration of learning is more than 20 hours which pays a negative impact on their health and due to which their performance suffers a lot. As we all know that breakfast is compulsory meal for spending a healthier and successful life because it is associated with positive outcomes like it helps in increasing the potential to absorb the workload, make their academic performance better than before and it may increases the attendance level of the students.

On the comparison level if we discussed about skipping breakfast among the students it shows different perspective than those who took it on the regular basis. Skipping breakfast provides a number of factors which are responsible for the poor health. It not only affects the memory or intellectual performance but also diminish the daily routine work activities.

For example, **“those people who skipped breakfast are reported to have higher daily intakes of fat, cholesterol, and energy, and lower intakes of fiber, vitamins, and minerals in comparison to breakfast eaters, thereby increasing the likelihood of gastrointestinal disease later in life”**.

Results of this research reveals that the intake of breakfast on a consistent root is surprisingly low (22.05%) among medical students, specifically the prevalence of taking breakfast irregularly is quite high (51.97%) and a low percentage of students who don't take it (25.98%). My study displays that the prevalence of regular breakfast consumption is lower as compared to the recently reported prevalence among medical students for example 80% in the United States, 90% in France, 72.5% in Australia , and 52.7% in the Lebanon . Apparently, many medical students do not take breakfast on a consistent basis is a very solemn public health issue.

My study shows that the preference of taking breakfast is quite high (70.87%) whereas (29.13%) students don't desire it. In other study which was carried out in The University of Ghana Medical School, Korle Bu-Accra, similar results obtained. It is probably observed that these students are not familiar of the risks of skipping breakfast and the benefits of taking a good breakfast.

The factors given for skipping breakfast are not dissimilar from what former studies reported. In a study among undergraduates in a public university in Kuala, the factors, the students gave for skipping breakfast were more of personal choice such as no time to eat, did not like to eat early, no appetite or oversleeping. However, in my study (16.54%) complaint of late night sleep, (6.30%) are those who have some health issues, (1.57%) have morning headache, (17.32%) have laziness, (52.76%) made complaint of no time and (5.51%) said that they are not hungry. The foremost intention of students of skipping breakfast is that of non-availability of time to take before the first lecture of the day.

My study shows that the prevalence of breakfast skipping 2 days a week (44.88%), on the other hand (32.28%) skipped breakfast 3 to 5 days a week and (22.83%) skipped it more than 5 times a week.

Availability of food is the major cause of skipping breakfast. (60.63%) students said that breakfast is readily available to them, (22.83%) students said that they face a difficulty for it and (16.54%) students said that breakfast is not available to them. The students who lived with their family face no problem for the availability as compared to hostilities students.

The breakfast of day scholars is mainly made by their mother, sister or someone else in the family. According to this study (24.41%) said that their breakfast is made by their mother, (25.20%) said that they made it by themselves and (50.39 %) said that someone else made their breakfast.

Due to modern era, women are working shoulder by shoulder with men. They think that they are not inferior to them. Due to strict office timings they don't have time to make breakfast for their children. My study reveals that the prevalence of working mother is comparatively low (24.41%) as compared to the prevalence of not working mother is (75.59%).

Late sleep timings mainly affect morning wake up. As per this study, (3.94%) said that they sleep regularly at 9'o clock, (11.02%) said that they sleep 9 to 11'o clock and (85.04%) said that they sleep above 11'o clock.

Morning exercise is necessary for a peaceful and healthful life. Despite of its importance many of us don't do it. In my research I found that (11.02%) take exercise 2 days a week, (8.66%) take it 3 to 5 days a week and (80.31%) they don't take it.

In a study among undergraduates in a public university in Kuala, the reasons the students gave for skipping breakfast were more of personal choice such as no time to eat. In my study the prevalence of wake up duration is very short and due to this reason they don't take breakfast. (65.35%) said that they wake up less than an hour; another big percentage of students (30.71) who said that they wake up 1 to 2 hour before leaving for college and (3.94%) students said that they wake up 2 to 3 hours before leaving for college.

In a study in England the breakfast skipping is associated with obesity. In my study (75.94%) students that they think, they are enjoying a normal physique, (7.87%) think that they are obese and (16.54%) think that they are overweight. When day-to-day nutrition is not pleased, people incline to become obese. Most notably, those individuals who skip breakfast are more likely to be obese as compared to those students who take breakfast regularly. But I don't found any correlation of skipping breakfast is associated with obesity.

Concerning about the types of food students had for breakfast, most of the students had healthy diet of sandwiches, with beverage or cereal or local diet (Bread with omelet, paratha and egg or cookies). My study shows that (23.62%) eat bread and omelet, (16.54%) eat paratha and egg, (0.79%) eat biscuits with tea, (9.45%) eat sandwiches and tea, (3.15%) drink juices only and remaining don't take breakfast.

Breakfast helps us by giving energy, by helping us to pay attention to our work, to get good grades, to be healthy and to be in a good mood. (49.61%) said that they have energy by taking it, (17.32%) said that it helps to pay attention, (2.36%) said that it helps to get good grades, (22.05%) said that it helps to be healthy and (8.66%) said that it helps by remain in a good mood.

In my study I found that many students complaints of many things as they skip it. My study shows that (32.28%) feel hungry, (22.05%) feel tired, (14.17%) have a headache, (6.30%) have stomachache, (3.15%) feel grumpy, (14.17%) complains of lack of energy, and (7.87%) said that they have other feelings. Further studies have revealed similar tendencies. In one institution of higher education, the prevalence of fatigue was as high as one-quarter of total new entrant student. Other factors related to fatigue include lack of sleep and lack of exercise.

10. CONCLUSIONS:

I concluded from my study that the prevalence of skipping breakfast among male students is quite high from female students and the possible factors due to which students skip breakfast were more of personal choice such as no time to have breakfast, did not like to take it early, no appetite or oversleeping. So I recommend that the college should deliver healthier breakfast, and a dedicated time for breakfast, is worth considering.

11. RECOMMENDATIONS:

As concluded from my study that students don't prefer breakfast because they don't have much time for it and the possible factors due to which students skip breakfast were more of personal choice such as no time to eat, did not like to eat early, no appetite or oversleeping. Now there is a need to take steps such that students take breakfast regularly.

- By educating the students that taking breakfast helps you in your study. Improve your academic performance, facilitated you with good grades.
- Lectures should start not earlier than 9.00 am is also valid since this will provide adequate time for having a good breakfast in a relaxed environment.
- The college should deliver healthier breakfast, and a dedicated time for breakfast, is worth considering.

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